

PROTEIN PACKED VEGETARIAN RECIPES

# VEGETARIAN RECIPE BOOK



WORKOUT  
WITH  
**TASHA**

# WELCOME

Hi, I'm Tasha

I'm a big believer in a balanced and sensible approach to getting to a weight you're happy with. Being healthy starts from the inside. Healthy food choices, combined with exercise is going to give your body exactly what it needs.

It's about reducing processed foods and eating whole foods. Getting healthier does not need to be boring or tasteless.

Results come from adhering to a plan and being consistent.

This book has been put together to help you enjoy your food while still getting results.

It's full of tasty recipes, with easy to follow instructions, there is even a video for each recipe :)

If you have any questions, please just ask.

*Natasha Burford*

**WORKOUT**  
WITH  
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# MEDICAL DISCLAIMER

This recipe book is not designed to replace any advice given to you by a medical practitioner or registered dietician.

All recipes within this book are for information purposes only. If you choose to make a recipe within this book, then you are doing so at your own risk. Please check all the ingredients first to ensure you are not allergic to any of them.

If you think there is any part of the book that might have a negative impact on your health, then please consult a doctor before starting.

# STAND OUT FEATURES

There are some cool features in this recipe book that will make it easy for you to cook the dishes and also track your food.

## RECIPE VIDEOS

All the recipes in the book come with a short video showing you how to cook them. Click the play button on each page to watch the video.



## TRACKING YOUR FOOD

If you want to keep track of your macronutrients and calories, then all you have to do is scan the barcode on each recipe in your MyFitnessPal™ App and voila.



# QUICK OVEN BAKED EGGS

(Per Serving) Calories **318** / Carbs **29g** / Protein **19g** / Fat **14g**

Baked eggs are great for a hearty vegetarian breakfast, lunch or snack that's versatile, quick and packed with protein. Add a green salad for healthy and satisfying dinner. Ditch your full English and try this instead!

WATCH NOW



Serves 2  
Prep Time 5 mins  
Cook Time 35 mins

## INGREDIENTS

½ tbsp Olive Oil  
½ Onion (finely chopped)  
200g White Potato  
(peeled, cut into 1cm cubes)  
1 tsp Paprika  
2 tbsp Water  
400g Tinned Chopped Tomatoes  
Pinch of Salt  
Pinch of Pepper  
70g Spinach  
4 Eggs (medium)  
Pinch of Parsley  
(roughly chopped)

## HOW TO COOK IT

Preheat the oven to 190°C (375°F)

Heat the olive oil in a large frying pan or wok on a medium heat.

Add the onion and cook for 2-3 minutes.

Then add the potatoes, paprika and the water. Cook for 15 minutes. If it starts to stick to the pan just add a little more water.

Add the tinned tomatoes, salt and pepper and heat until simmering.

Next, add the spinach and stir until wilted.

Pour the mixture into a casserole dish, make 4 spaces and crack the eggs into the spaces.

Place in the oven for 15 minutes.

Remove from the oven, sprinkle with parsley and serve.

## DIETICIAN'S NOTES

Eggs are a fab protein source for vegetarians, and one of the few dietary sources of vitamin D, which helps regulate mood and immune function.



# HIGH PROTEIN OMELETTE

(Per Serving) Calories 262 / Carbs 6g / Protein 28g / Fat 14g

If you're looking for a tasty, high-protein breakfast to keep you going all day, look no further than a healthy omelette. The red vegetables and cheese add bags of flavour, and perfectly complement the egg whites. You can't go wrong with this for brunch, lunch or even dinner!

WATCH NOW



Serves 1  
Prep Time 4 mins  
Cook Time 8 mins

## INGREDIENTS

3 tbsp Water  
50g Spinach  
40g Red Bell Pepper  
(chopped into small squares)  
30g White Onion  
(finely chopped)  
1 Egg (medium)  
150g Two Chicks Egg Whites  
(or just egg whites)  
Pinch of Salt  
Pinch of Pepper  
1 tsp Olive Oil  
40g Cherry Tomatoes  
(halved)  
20g Feta Cheese  
(cut into cubes)

## HOW TO COOK IT

Heat a frying pan over a medium heat and add the water to the pan.

Then add the spinach, pepper and onion. Stir until the spinach has wilted down. Remove from the heat and set aside for later.

Crack the egg into a mixing bowl along with the egg whites, salt and pepper and beat until mixed.

Heat up a frying pan over a medium/high heat. When hot, add the olive oil, followed by the egg mixture.

Stir the egg mixture until almost settled, making sure it is evenly spread out.

Then add the spinach mixture, tomatoes and feta to the pan.

Cook for around 3-4 minutes or until the underside of the egg is golden brown.

Flip it over, serve up and enjoy.

## DIETICIAN'S NOTES

Studies show egg based brekkies are more filling than cereal, staving off hunger for longer. This omelette packs almost 30 grams of protein, and scores two of your five-a-day.



# CHEESY EGG MUFFINS WITH SPINACH AND MUSHROOM

(Per Serving) Calories 234 / Carbs 2g / Protein 25g / Fat 14g

*These easy to make savoury muffins will quickly become your favourite breakfast or healthy snack food! Packed with protein and flavour, they're a great way to get vegetables into your breakfast. Make them the night before so you have more time in the morning (keep them in the fridge for up to 4 days).*

Serves 2 (3 muffins per serving)  
Prep Time 10 mins  
Cook Time 30 mins

## INGREDIENTS

¼ tsp Olive Oil  
40g Mushrooms  
(finely chopped)  
3 Medium Eggs  
200g Two Chicks Egg  
Whites  
(or just egg whites)  
Pinch of Salt  
Pinch of Pepper  
30g Red Bell Peppers  
(cut into small squares)  
20g Spinach  
(finely chopped)  
30g Cheddar Cheese  
(grated)

## HOW TO COOK IT

WATCH NOW



Preheat the oven to 200°C (400°F)

Heat the olive oil in a small frying pan.

Finely chop the mushrooms and when the oil is hot add the mushrooms to the pan and cook for 3 minutes or until lightly browned.

Remove the mushrooms from the heat and put to one side.

Crack the eggs into a mixing bowl along with the egg whites and a pinch of salt and pepper. Whisk until the eggs have mixed in with the egg whites.

Now evenly distribute the following ingredients between the muffin molds: red bell pepper, spinach and egg mix. Finish by sprinkling the cheddar cheese over the muffins.

Place in the oven for 20 to 25 minutes, or until the muffins have risen and browned on top.

## DIETICIAN'S NOTES

*These high protein egg muffins would make a filling breakfast or on the go snack. Team with a couple of slices of toast for post workout recovery.*



# AVOCADO & CANNELLINI BEAN BREAKFAST MUFFIN

(Per Serving) Calories 535 / Carbs 45g / Protein 28g / Fat 27g

Move over avocado toast! This hearty breakfast muffin packed with vibrant vegetables and rich, creamy avocado will definitely help you to avoid mid-morning snacking! Not to mention providing a balanced mix of heart healthy fats, proteins and carbohydrates!

Serves 1  
Prep Time 8 mins  
Cook Time 8 mins

## INGREDIENTS

2 tbsp Water  
40g Spinach (wilted)  
½ Avocado  
½ Tin Cannellini Beans (drained)  
Pinch of Salt  
Pinch of Pepper  
20g Red Onion (finely chopped)  
1 tsp Apple Cider Vinegar  
½ Lemon (juiced)  
1 tbsp Orange (juiced)  
Pinch of orange zest  
1 Wholegrain Toasting Muffin  
1 tbsp Vinegar  
2 Eggs (medium)

## HOW TO COOK IT

WATCH NOW



Heat a frying pan over a medium heat and add the water to the pan.

Then add the spinach. Stir until the spinach has wilted down. Remove from the heat and roughly chop the spinach.

Remove the skin and stone of the avocado and add to a mixing bowl along with the cannellini beans, salt and pepper. Use a fork to mash it together to your preferred texture.

Add the red onion to the mixing bowl along with the chopped spinach, apple cider vinegar, lemon juice, orange juice and zest, Mix well.

Cut the muffin in half and toast.

Boil water in a saucepan over a medium/high heat. Add 1 tbsp of vinegar to the boiling water, swirl the water then add the eggs and cook for 90sec – 120sec.

Add the avocado and chickpea mix to the toasted muffin and top with the eggs. Serve immediately.

## DIETICIAN'S NOTES

*Rich in protein and fibre, this higher calorie breakfast will give you long lasting, slow release energy. Studies suggest eating more of your calories earlier in the day may benefit weight*



# SMOKED CHICKPEAS AND TOMATOES ON TOAST

(Per Serving) Calories 516 / Carbs 47g / Protein 28g / Fat 24g

*Baked beans can be high in salt, so we've given them an upgrade! Chickpeas and smoked paprika are a match made in (food) heaven, and taste great combined with tomatoes and herbs. A quick, comforting and nutritious dish, which is great at any time of day (don't forget to use good quality bread).*

Serves 1  
Prep Time 5 mins  
Cook Time 15 mins

## INGREDIENTS

1 Large Tomato  
(peeled and finely chopped)

¾ tbsp Olive Oil

½ Onion  
(roughly chopped)

½ Red Bell Pepper  
(roughly chopped)

1 tsp Tomato Puree

½ tsp Smoked Paprika

½ Can Chickpeas  
(drained)

Pinch of Salt

Pinch of Pepper

2 tbsp Water

2 tbsp Vinegar

2 Medium Eggs

1 Wholegrain Slice of Bread (toasted)

Pinch of Oregano

Pinch of Thyme

## HOW TO COOK IT

WATCH NOW



Pour some boiling water into a bowl, then cut a cross in the top and bottom of the tomato and place in the boiling water for 5 minutes.

Remove the tomato and peel the skin off, then finely chop the tomato and put to one side for later.

Heat the olive oil in a large pan or wok over a medium heat. Add the onion and pepper to the pan and cook for 6-7 minutes or until the onion starts to brown.

Then add the tomato puree and smoked paprika and mix it all together.

Remove from the heat and blend it up before adding it back to the pan on a low heat with the tomato (you finely chopped earlier), chickpeas, salt, pepper and 2 tablespoons of water.

Mix it all together and heat it through on a low heat.

Meanwhile, boil some water in a saucepan, add the vinegar.

Make a whirlpool affect in the water before cracking the eggs into the water.

Cook the eggs for 90-120 seconds depending how you like your eggs.

Toast the bread.  
Place the chickpea mixture onto the toast and lay the eggs on top.

Crush a pinch of oregano and thyme together and sprinkle on top before serving.

## DIETICIAN'S NOTES

*This dish is a nutrient dense choice - rich in protein, fibre and vegetables, it scores three of your five a-day. It also boasts vitamin C, iron and antioxidants. Ideal for a sustained energy release.*



# BANANA & PEANUT BUTTER PROTEIN SMOOTHIE

(Per Serving) Calories **328** / Carbs **33g** / Protein **22g** / Fat **12g**

Looking for a healthy smoothie that tastes like a milkshake? Look no further! The creamy banana and the rich peanut butter are perfect together, creating a thick texture that tastes like it's loaded with ice cream (obviously, it's not).

WATCH NOW



Serves 1  
Prep Time 4 mins  
Cook Time 1 mins

## INGREDIENTS

60ml Almond Milk  
150g Low Fat Greek Yogurt  
20g Porridge Oats  
½ Banana  
(medium, roughly chopped)  
1 tsp Smooth Peanut Butter  
1 tbsp Chia Seeds  
¼ tsp Vanilla Extract  
1 tsp Honey

## HOW TO COOK IT

Put all the ingredients into a blender.

Blend until smooth.

To make it more of a milkshake consistency, add a couple of ice cubes.

## DIETICIAN'S NOTES

*With protein rich yogurt + slow release oats and banana, this smoothie would be a good on-the-go breakfast or energy boosting snack that will keep hunger at bay for a few hours.*



# CHOCOLATEY PROTEIN PANCAKES

(Per Serving) Calories 265 / Carbs 23g / Protein 23g / Fat 9g

Yes, pancakes can be healthy! These yummy protein pancakes are a great way to start the day, stay full until well past lunchtime and to get your chocolate fix! They're great topped with fruit and Greek yogurt!

Serves 1  
Prep Time 5 mins  
Cook Time 5 mins

## INGREDIENTS

1 Square of Dark Chocolate  
1 Medium Egg  
20g Awesome Vegan Protein  
1 tbsp Greek Yogurt  
1 Small Banana  
½ tsp Cinnamon  
¼ tsp Baking Powder  
8 Sprays of 1 Cal Spray Oil  
1 Strawberry (cut into slices)

## HOW TO COOK IT

WATCH NOW



Heat a saucepan with boiling water, add a glass bowl to the water so it's floating on top of the water. Add the dark chocolate and stir until it has all melted.

While the dark chocolate is melting, put the egg, vegan protein, ½ the Greek yogurt, ½ the banana, cinnamon and baking powder into a blender and blend until a smooth consistency.

Heat up a frying pan to a medium to high heat. When hot, use 2 sprays of the '1 Cal Spray Oil' per pancake before adding ¼ of the mixture to the pan.

Cook for 90 sec to 120 sec per side or until lightly brown. Repeat 3 more times.

When they are cooked, transfer to a plate. Spoon the other half of the Greek yogurt on top of the pancakes.

Then chop the other half of the banana into slices and place on top of the pancakes.

Slice up 1 strawberry (can use blueberries) and place on the pancakes.

Finish by drizzling the melted chocolate over the pancakes before serving.

**Note:** to speed up the process, cook two pancakes at the same time in two separate frying pans.

## DIETICIAN'S NOTES

Higher protein breakfast like these pancakes switch on satiety for longer, and can help balance energy levels throughout the morning. Bananas are also a good source of fibre.



# PROTEIN MUFFINS

(Per Serving) Calories 291 / Carbs 30g / Protein 18g / Fat 11g

Perfect for a healthy, on-the-go snack, these moist, fruity muffins are low in sugar and calories compared to shop bought muffins and with no flour, they are great for a guilt-free snack. Packed with lots of fibre and protein, as well as banana, strawberries and blueberries, they're also drizzled with dark chocolate.

*What more could you want?!*

WATCH NOW



## HOW TO COOK IT

Preheat the oven to 200°C (400°F).

Add the following ingredients to a blender: Greek yogurt, porridge oats, egg, protein powder, banana, salt and baking powder and blend.

Once blended, evenly pour the mixture into the muffin mould (6 muffins).

Add the strawberry to 2 muffins, blueberries to 2 muffins and cut 1 square of dark chocolate into 8 pieces and add to 2 muffins.

Place in the oven for 16 minutes.

While the muffins are in the oven, heat a saucepan with boiling water, add a glass bowl to the water so it's floating on top of the water.

Add 1 square of dark chocolate and stir until it has all melted.

Once the muffins are cooked, drizzle the dark chocolate over the muffins and let them rest for 10 minutes before getting them out of the mould.

**NOTE:** I always use a silicone muffin tray/mould as nothing sticks to it.

## DIETICIAN'S NOTES

*The various protein rich ingredients in these muffins should make them a filling snack. Thanks to the banana and oats, they'll also give you a pre-workout energy boost.*



Serves 3 (2 muffins per serving)  
Prep Time 5 mins  
Cook Time 16 mins

## INGREDIENTS

165g Natural Greek Yogurt

90g Porridge Oats

1 Medium Egg

40g Awesome Vegan Protein

1 Small Banana

¼ tsp Salt

½ tsp Baking Powder

1 Strawberry  
(cut into small chunks)

8 Blueberries

2 Squares Dark Chocolate



# CHILLI KALE CRISPS

(Per Serving) Calories **88** / Carbs **1g** / Protein **3g** / Fat **8g**

*These spicy kale crisps give you all the flavour of crisps but with none of the guilt, this is why these are a superb snack choice. The kale comes out of the oven crispy and really light!*

WATCH NOW 

Serves 1  
Prep Time **3 mins**  
Cook Time **15 mins**

## INGREDIENTS

80g Kale  
½ tbsp Olive Oil  
½ tsp Chilli Flakes  
Pinch of Salt

## HOW TO COOK IT

Preheat the oven to 150°C (300°F).

Remove of the tough stalks, leaving just the curly leafy kale.

Place the curly leafy kale in a mixing bowl and add the olive oil and chilli flakes.

Layer a baking tray with grease proof paper before evenly spreading the curly leafy kale over it. Make sure it's a single layer of kale otherwise it won't crisp up as well.

Sprinkle with a little salt before placing in the oven for 15 minutes or until the kale has become crispy.

Leave to stand for a couple of minutes before serving.

## DIETICIAN'S NOTES

*Olive oil is a super source of heart healthy fats. It also contains oleocanthal, a naturally occurring plant chemical which has anti-inflammatory properties.*



# EDAMAME BEANS, PETIT POIS AND GINGER SOUP

(Per Serving) Calories 229 / Carbs 21g / Protein 16g / Fat 9g

*This vivid green soup is packed with flavour and easy to make in a blender. It's so thick, velvety and indulgent, you'll have a hard time believing that it's healthy! Fresh herbs and creme fraiche complement it perfectly.*

Serves 2  
Prep Time 7 mins  
Cook Time 22 mins

## INGREDIENTS

1 Vegetable Stock Cube

700ml Boiling Water

½ Medium Onion  
(peeled and roughly  
chopped)

100g White Potato  
(peeled and roughly  
chopped)

1 Garlic Clove  
(peeled and roughly  
chopped)

10g Ginger  
(peeled and roughly  
chopped)

Pinch of Salt

Pinch of Pepper

½ tsp Chilli Flakes

150g Edamame Beans  
(removed from pods)

100g Petit Pois (frozen)

1 tbsp Coriander

2 tsp Crème Fraiche

## HOW TO COOK IT

WATCH NOW



Dissolve the vegetable stock cube in 700ml of boiling water.

Heat a large pan to a medium heat. As it's heating up add onion, potato, garlic, ginger, vegetable stock, salt, pepper and chilli flakes. Stir and cook for 15 minutes.

Then add in the edamame beans, petit pois and coriander and cook for 4 more minutes.

Add the soup to a blender and blend to your preferred consistency.

Blanch a few peas in boiling water and place aside for the garnish.

When the soup has been blended, divide the mixture between 2 bowls. Add the crème fraiche and blanched peas. Finish by sprinkling a few chilli flakes on top before serving.

## DIETICIAN'S NOTES

*The peas & edamame in this soup are rich in protein and fibre, making this soup a filling choice. High fibre foods also get the thumbs up as they help to protect against bowel cancer.*



# RED SPLIT LENTIL SOUP

(Per Serving) Calories 253 / Carbs 31g / Protein 12g / Fat 9g

*This comforting, hearty and easy-to-make soup is great if you're feeling a bit run down. It's packed with vitamin rich vegetables and garlic, which has properties that may support the immune system. Lentils are great if you don't have a lot of time but want a healthy meal - this soup will give you a real energy boost!*

Serves 2  
Prep Time 5 mins  
Cook Time 35 mins

## INGREDIENTS

1 tbsp Olive Oil  
½ White Onion  
(finely chopped)  
1 Medium Carrot  
(halved lengthways and  
finely chopped)  
1 Celery Stick  
(halved lengthways and  
finely chopped)  
2 Garlic Cloves  
(finely chopped)  
½ tsp Cumin  
½ tsp Thyme  
300g Can Chopped  
Tomatoes (drained)  
1 Vegetable Stock Cube  
900ml Boiling Water  
75g Uncooked Red Split  
Lentils  
Pinch of Salt  
Pinch of Pepper  
½ tsp Chilli Flakes  
30g Kale  
(remove crunchy stems)

## HOW TO COOK IT

WATCH NOW



Heat a large pan or casserole dish to a medium heat.

Add the olive oil and when hot add the onion, carrot and celery and cook until the onion starts to brown.

Then add the garlic, cumin and thyme and cook for 30 seconds.

Drain the tinned tomatoes to remove most of the liquid then pour into the large pan and stir through.

Dissolve the vegetable stock cube in the boiling water then pour into the large pan.

Add in the red split lentils, season with salt and pepper and add the chilli flakes, stir and simmer on low for 20 minutes, stirring occasionally.

Remove just over ⅓ of the mixture from the pan and blend until smooth then return it back to the pan.

Cut the kale leaves into small bite sizes and add to the mixture, stir the kale in and cook for 4 minutes until the kale softens.

Taste the soup and season appropriately before serving.

## DIETICIAN'S NOTES

*You'll score a vitamin boost with this soup, which also ticks off two of your five-a-day. Lentils are rich in prebiotic fibres, which boost the growth of beneficial bacteria in your gut.*



# FRUITY HALLOUMI SALAD

(Per Serving) Calories 251 / Carbs 6g / Protein 14g / Fat 19g

*This vibrant salad tastes like summer in a bowl! Full of flavour, halloumi is delicious grilled on a bed of salad leaves. Orange and mint give this salad an extra zing!*

Serves 2  
Prep Time 5 mins  
Cook Time 5 mins

## INGREDIENTS

1 Orange  
(cut into chunks)

½ tsp Mint  
(finely chopped)

1 tbsp Olive Oil

1 ½ tbsp Apple Cider  
Vinegar

Pinch of Salt

Pinch of Pepper

120g Halloumi

1 Calorie Olive Oil Spray  
(2 sprays)

Spinach, Watercress &  
Rocket Salad Bag

## HOW TO COOK IT

WATCH NOW 

Peel the orange and cut it into medium sized chunks (removing any pips) and place in a mixing bowl.

Add the mint, olive oil, apple cider vinegar, salt and pepper to the oranges and stir well.

Heat up a griddle pan to medium/high heat.

Slice the halloumi into 4 pieces, pat down with kitchen roll to remove any surface moisture.

Spray the olive oil onto the pan then place the halloumi on the griddle pan and cook 90sec-120sec per side or until the halloumi is golden brown.

Meanwhile, add the spinach, watercress and rocket salad to the mixing bowl, toss it all together and plate up the salad.

When the halloumi is ready, place on top of the salad and serve straight away.

## DIETICIAN'S NOTES

*Halloumi is a good source of protein for vegetarian diets - it's also rich in calcium, which plays a role in regulating body fat. Add a handful of baby tomatoes to score two of your five-a-day.*



# AVOCADO, KIDNEY BEANS & LIME WRAP

(Per Serving) Calories 297 / Carbs 44g / Protein 10g / Fat 9g

Liven up your lunch or dinner with this Tex-Mex take on a tortilla wrap! Quick to make and flavourful, the avocado and kidney beans fill you up, whilst the sweet peppers, chilli and lime provide the kick!

Serves 2  
Prep Time 10 mins  
Cook Time 0 mins

## INGREDIENTS

½ Tin Kidney Beans  
(drained)

¼ Small Red Onion  
(finely chopped)

3 Mini Sweet Peppers  
(Same or different colors,  
core removed and finely  
chopped)

1 Baby Cucumber  
(halved and finely  
chopped)

½ Avocado  
(cut into small chunks)

Pinch of Salt

Pinch of Pepper

½ tsp Crushed Chillies

1 Lime (juiced)

2 Wholemeal Tortilla  
Wraps

Optional: Chilli Sauce

## HOW TO COOK IT

WATCH NOW



Drain the kidney beans and place them into a microwavable dish. Cover them in water and place in the microwave for 3 minutes.

When done, drain and put to one side.

In a mixing bowl, add the red onion, peppers, cucumber, avocado, kidney beans, salt, pepper, crushed chillies and lime juice. Mix it all together.

Divide the mixture between 2 wraps.

If you want some extra heat then add a dash of chilli sauce before wrapping it up and tucking in.

## DIETICIAN'S NOTES

The combination of wholegrain wraps, beans and vegetables makes this a fibre packed choice - which should give you steady energy.



# TOFU TORTILLA WRAP

(Per Serving) Calories **341** / Carbs **27g** / Protein **20g** / Fat **17g**

*Tofu tastes great pan-fried and seasoned with onion, garlic and cumin in this delicious and filling wrap. Easy to make and protein rich, enjoy the creaminess of the tofu combined with the crunch of the onion, peppers and tomatoes.*

WATCH NOW



Serves 2  
Prep Time 30 mins  
Cook Time 10 mins

## INGREDIENTS

100g Tofu  
(pressed and cut into small blocks)

½ tbsp Olive Oil

¼ Onion  
(thin slices, chopped lengthways)

40g Green Bell Pepper  
(cut lengthways)

50g Cherry Tomatoes  
(halved)

Pinch of Onion Granules

Pinch of Garlic Granules

Pinch of Cumin

1 Wholegrain Wrap

½ tbsp Soured Cream

10g Cheddar Cheese

Pinch of Chilli Flakes

## HOW TO COOK IT

**To press the tofu** - Place a piece of kitchen paper on a chopping board, lay the tofu on top, lay another layer of kitchen paper on that with a wooden chopping board on top. Then place something heavy on the wooden chopping board. Leave for 20-30mins to allow the moisture to be removed.

Now cut the tofu into bite sized chunks.

Add the oil to a large frying pan or wok and heat to a medium heat.

Add the tofu, onion and green pepper. Cook for 6 minutes or until the tofu starts to lightly brown.

Then add the cherry tomatoes, onion granules, garlic granules, cumin and cook for 4 minutes or until the tomatoes start to soften.

Place the wrap in the microwave for 30secs.

Add the soured cream to the wrap, then add the tofu mixture. Top with cheddar cheese and a sprinkle of chilli flakes before wrapping it up and serving.

## DIETICIAN'S NOTES

*A protein packed choice - plus a fibre boost from the wholegrain wrap. This would make a balanced lunch, or a good post workout filler, if there's a while before your next meal.*



# ZINGY TOFU STIR FRY

(Per Serving) Calories **277** / Carbs **21g** / Protein **19g** / Fat **13g**

For a brilliantly simple and flavour-packed weeknight meal, look no further than this tofu stir fry! Tofu works really well in stir fries, and is delicious paired with mixed vegetables and this zingy lime, ginger and sesame seed sauce.

WATCH NOW



## HOW TO COOK IT

Put the ginger, soy sauce and mirin seasoning in a small mixing bowl then mix it together.

Heat the olive oil in a large frying pan or wok over a medium heat.

Add the courgette, pepper and red onion then cook for 7 minutes.

Add the spring onion, broccoli, carrot and tofu and cook for a further 5 minutes.

Add the ginger, soy sauce and mirin mixture into the pan and stir through.

Plate up and squeeze the lime juice over each dish. Sprinkle with sesame seeds before serving.

## DIETICIAN'S NOTES

A great dish to top up your vegetables quota - this will tick off four of your five-a-day. Brightly coloured vegetables contain polyphenols, active compounds, which have anti-inflammatory effects in the body.



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# ROASTED VEGETABLES, LENTILS & COUSCOUS SALAD

(Per Serving) Calories **380** / Carbs **42g** / Protein **17g** / Fat **16g**

*This colourful salad combines fresh vegetables, nutritious couscous and vegetable protein (lentils) to create a quick, weekday meal. The roasted peppers and courgettes intensify the flavour and add texture to the salad. Adding lentils is a great way to boost the protein content of vegetarian dishes!*

WATCH NOW 

Serves **2**  
Prep Time **0 mins**  
Cook Time **40 mins**

## INGREDIENTS

**125g Lentils** (uncooked)  
**150g Shallots** (peeled)  
**150g Courgette**  
(halved and sliced diagonally)  
**50g Green Pepper**  
(roughly chopped)  
**50g Red Pepper**  
(roughly chopped)  
**50g Yellow Pepper**  
(roughly chopped)  
**2 tbsp Olive Oil**  
**Pinch of Salt**  
**Pinch of Pepper**  
**½ tsp Rosemary** (dried)  
**70g Wholewheat Couscous**  
(uncooked weight)  
**140ml Boiling Water**  
**1 tsp Parsley**  
(roughly chopped)

## HOW TO COOK IT

Preheat the oven to 210°C (410°F).

Add water to a saucepan and bring to the boil before adding the lentils and cooking for 10 minutes on medium heat, then cover and cook for 30 minutes on low.

Add the shallots, courgette and peppers to a roasting tin. Drizzle the olive oil over the top. Add a pinch of salt and pepper, sprinkle the rosemary and mix well.

Place the vegetables in the oven and cook for 25 mins.

Add the couscous to a measuring jug, pour in the boiling water, stir and leave for 5 minutes before fluffing with a fork.

Drain the lentils and add them to a serving dish along with the couscous.

Add the roasted vegetables to the serving dish mix well.

Sprinkle with the parsley and then serve.

## DIETICIAN'S NOTES

*Adding pulses to meals boosts the fibre content, which can protect against the risk of bowel cancer. Fibre rich diets also help with balancing energy levels and satiety - win win!*



# CHICKPEA AND ROASTED VEGETABLE SALAD

(Per Serving) Calories **376** / Carbs **33g** / Protein **16g** / Fat **20g**

Brighten up your day with this warm chickpea and vegetable salad. It's ideal for lunch or a quick weekday supper. Packed with flavour (peppers, courgettes and vine tomatoes topped with crumbly feta and nutritious asparagus), this filling salad is sure to become a firm favourite!

Serves 2  
Prep Time **8 mins**  
Cook Time **35 mins**

## INGREDIENTS

½ Red Onion  
(cut into chunks)

½ Red Bell Pepper  
(cut into chunks)

½ Courgette  
(halved lengthways and cut into chunks)

150g Vine Tomatoes  
(halved)

Pinch of Salt

Pinch of Pepper

1 ½ tbsp. Olive Oil

¼ Lemon (juiced)

¾ tbsp Flat Leaf Parsley  
(chopped)

¾ tbsp Mint (chopped)

240g Chickpeas  
(drained weight)

40g Feta Cheese  
(cut into chunks)

100g Asparagus  
(Cut the tough ends off and halve)

## HOW TO COOK IT

WATCH NOW



Preheat the oven to 200°C (400°F).

In an oven proof dish, add the red onion, red pepper, courgette, tomatoes, salt, pepper and ½ tbsp Olive oil. Mix it all together and place in the oven for 15 minutes.

While the vegetables are cooking, make the dressing by adding the remaining olive oil, lemon juice, parsley, mint, salt and pepper to a small mixing dish and stir it all together. Put to one side.

In a large mixing bowl, add the drained chickpeas and feta.

Remove the vegetables from the oven, add the asparagus and give it a mix before returning back to the oven for another 15 minutes.

For the last time, remove the vegetables from the oven and leave to stand for 5 minutes.

After 5 minutes of standing, add the vegetables to the large mixing bowl of chickpeas and feta, pour over the dressing, mix it all together and serve.

## DIETICIAN'S NOTES

Mediterranean style diets rich in vegetables, olive oil and pulses have been linked with a lower risk of heart disease and diabetes. This dish packs in lots of Meditterrean ingredients,



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# PESTO, POTATO & VEGETABLE TRAY BAKE

(Per Serving) Calories **346** / Carbs **36g** / Protein **10g** / Fat **18g**

Traybakes are a great way to combine lots of ingredients for a quick and easy midweek dinner. This recipe takes your average tray bake to the next level by adding delicious pesto to the mix, giving it a rich texture and Italian flavour. Tasty pine nuts and parsley top the whole thing off!

WATCH NOW



Serves 2  
Prep Time 5 mins  
Cook Time 40 mins

## INGREDIENTS

**200g White Potato**  
(peeled and cut into small squares)

**50g Red Peppers**  
(cut into squares)

**50g Yellow Peppers**  
(cut into squares)

**100g Courgette**  
(halved and cut diagonally)

**12g Pine Nuts**

**1 tbsp Olive Oil**

**Pinch of Salt**

**Pinch of Pepper**

**1 ½ tbsp Pesto Sauce**

**150g Red Kidney Beans**  
(drained weight)

**1 tsp Parsley**  
(roughly chopped)

## HOW TO COOK IT

Pre heat the oven to 200°C (390°F).

Place the potato, peppers, courgette, pine nuts, olive oil, salt and pepper on a baking tray/dish. Mix it all up then place in the oven for 15 minutes.

Remove from the oven, stir and place back in the oven for a further 15 minutes.

Remove from the oven, add the pesto, stir it through and cook for another 5 minutes.

Meanwhile, rinse the kidney beans and place in a saucepan with boiling water. Cook for 4 minutes.

Remove the baking tray from the oven, drain the kidney beans and add them to the baking tray.

Mix in the kidney beans, sprinkle with parsley and serve.

## DIETICIAN'S NOTES

*Kidney beans are a good source of iron and folate, which are both important for the production of healthy red blood cells. Leave the potato skins on for added fibre.*



# BUTTERNUT SQUASH & QUINOA SALAD

(Per Serving) Calories **362** / Carbs **51g** / Protein **17g** / Fat **10g**

*This salad looks and tastes amazing - it's served in the scooped-out squash! It's simple to make, packed with flavour, colour and, most importantly, nutritious. Topped with cottage cheese and avocado - it's a real crowdpleaser and great for a dinner party!*

Serves 2  
Prep Time 5 mins  
Cook Time 45 mins

## INGREDIENTS

1 Butternut Squash  
(de-seeded)

42g Quinoa  
(uncooked weight)

100g Cherry Tomatoes  
(quartered)

100g Sweet Mini Peppers  
(cut into small chunks)

Pinch of Coriander  
(finely chopped)

120g Black Beans  
(drained weight)

60g Cottage Cheese

½ Avocado

Pinch of Chilli Flakes

## HOW TO COOK IT

WATCH NOW



Preheat the oven to 220°C (428°F).

Slice the butternut squash in half and remove the seeds.

Fill the bottom of a baking tray with 1cm of water and place the butternut squash flat side down, then put in the oven for 30-40 minutes. It's done when it's soft enough to be cut with a fork.

While the butternut squash is cooking, rinse the quinoa under cold water for 2 minutes.

Add the quinoa to a saucepan of hot water and bring to the boil. Lower the heat, put a lid on the pan and cook for 15-20 minutes before draining.

Add the quinoa back to the pan on a low heat along with the tomatoes, different colored sweet mini peppers, coriander and black beans (drained). Cook until everything is warmed through.

When the butternut squash is ready, mash both halves with a fork and level it out.

Place the quinoa mixture on top of each half.

Add cottage cheese to each half.

Peel and slice the avocado and place on top of the quinoa mixture.

Finish with a sprinkle of chilli flakes.

## DIETICIAN'S NOTES

*A fibre packed vegetables feast which should leave no room for hunger pangs! Squash is an excellent source of beta-carotene, a potent antioxidant, which supports the body's immune system.*



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# VEGETARIAN BURRITO BOWL

(Per Serving) Calories **358** / Carbs **42g** / Protein **16g** / Fat **14g**

Get all the taste of a burrito without the calories of the wrap with this flavour-packed burrito bowl. The creamy black beans make it filling and protein-packed. It's a great dish served hot or cold, so why not make enough to take to work the next day!

Serves 2  
Prep Time 7 mins  
Cook Time 22 mins

## INGREDIENTS

1 tbsp Olive Oil  
½ Onion (finely chopped)  
2 Spring Onions (finely chopped)  
100g Red Bell Pepper (finely chopped)  
2 Garlic Cloves (finely chopped)  
150g Cherry Tomatoes (halved)  
1 tsp Paprika  
½ tsp Chilli Flakes  
175g Black Beans (drained weight)  
Pinch of Salt  
Pinch of Pepper  
125g Tilda Microwave Rice  
40g Feta Cheese (cut into cubes)  
Pinch of Coriander

## HOW TO COOK IT

WATCH NOW



Heat the oil in a large frying pan or wok on a medium heat.

Then add the onion, spring onion, red bell pepper and garlic. Stir and cook until the onion starts to brown roughly 4-5 minutes.

Add the cherry tomatoes and cook until they soften, roughly about 5 minutes.

Then with a fork, gently press the tomatoes to release the juices.

Add the paprika, chilli flakes, blackbeans, salt and pepper. Then stir well and cook for 8 minutes.

Meanwhile, heat the rice in the microwave and when ready add to the pan and stir in.

Separate between two plates.

Sprinkle the feta cheese on top of the dishes along with some coriander before serving.

## DIETICIAN'S NOTES

*Cooking tomatoes increases their lycopene content - an antioxidant which helps to protect cells from damage. A good mix of vegetable proteins and carbohydrates, which should give a sustained energy release.*



# BLACK BEAN & EDAMAME BEANS STUFFED SWEET POTATO

(Per Serving) Calories 284 / Carbs 49g / Protein 13g / Fat 4g

The ultimate healthy comfort food and a great sandwich alternative, stuffed sweet potato is low-calorie and high in vitamins and fibre.



Serves 2  
Prep Time 2 mins  
Cook Time 55 mins

## INGREDIENTS

- 1 Medium Sweet Potato
- ¼ tsp Cumin
- 1 tsp Coriander (roughly chopped)
- Pinch of Salt
- Pinch of Pepper
- ¼ Onion (finely chopped)
- 1 Medium Tomato (peeled and finely chopped)
- ½ tin Black Beans (drained)
- 100g Edamame Beans
- ½ Lime (juiced)
- Coriander (for garnish)

## HOW TO COOK IT

Preheat the oven to 210°C (410°F).

Wash and scrub the sweet potato before placing in the oven on the middle shelf and cooking for 45 minutes.

Remove from the oven and slice the potato in half lengthways. Scoop out 1/3 of the middle from each half and place into a mixing bowl.

Add cumin, coriander, salt and pepper then mash it all together with a fork.

Then add the onion, tomato, black beans, edamame beans and the lime juice before mixing it all together.

Spoon the mixture evenly between both sweet potato shells.

Garnish with chopped coriander before serving.

**Note:** Add a little olive oil / fat to help boost absorption of vitamin A in the sweet potato

## DIETICIAN'S NOTES

Swapping white potato for sweet potato boosts the vitamin factor and packing the middle with beans adds fibre and protein. Add a drizzle of olive oil to boost absorption of vitamin A.



# GNOCCHI AND MOZZARELLA IN A TOMATO SAUCE

(Per Serving) Calories 291 / Carbs 36g / Protein 12g / Fat 11g

A comforting vegetarian main packed with rich Italian flavours, this baked gnocchi dish is the perfect weeknight meal that only takes thirty minutes to make. It's finished under the grill to get delicious, gooey mozzarella, which perfectly complements the gnocchi.

Serves 2  
Prep Time 5 mins  
Cook Time 25 mins

## INGREDIENTS

¾ tbsp Olive Oil  
½ White Onion  
(finely chopped)  
½ Red Bell Pepper  
(cut into small chunks)  
100g Courgette  
(halved, halved again and sliced)  
200g Tinned Chopped Tomatoes  
½ tsp Dried Basil  
Pinch of Salt  
Pinch of Pepper  
125g Gnocchi  
½ tsp thyme  
60g Mozzarella Pearls  
1 Garlic Clove  
(finely chopped)  
100g Spinach (wilted)

## HOW TO COOK IT

WATCH NOW 

Heat a large pan or wok to a medium heat.

Add half the olive oil and when hot add the onion, red bell pepper and courgette and cook until the onion and courgette start to brown.

Then add the tinned tomatoes, dried basil, salt and pepper. Stir the tomatoes in and let the mixture simmer for 12 minutes, stirring occasionally.

Meanwhile, cook the gnocchi in boiling water as per the package (they will rise to the surface when ready). When ready, drain and add to the tomato mixture with the thyme.

Give it one last stir before transferring the mixture to an oven dish.

Randomly place the mozzarella onto the dish and place under the grill for 4-5 minutes or until the mozzarella has a nice golden look.

While the dish is under the grill, heat a frying pan on a medium heat and add the remaining olive oil.

When hot, add the garlic and cook for 30 seconds.

Wash the spinach and then add to the pan and stir until the spinach has wilted.

Serve up the dish with a side of spinach.

## DIETICIAN'S NOTES

With fewer than 300 calories, this will keep you inside your calorie goals and give you two of your five-a-day. Add a poached egg on top if you want to boost the protein content.



# QUORN LASAGNE WITH BUTTERNUT SQUASH

(Per Serving) Calories **435** / Carbs **37g** / Protein **38g** / Fat **15g**

A tasty, healthy alternative to the classic Italian dish, this meat-free lasagne swaps the pasta sheets for butternut squash. The combination of hearty squash, melted cheese and tasty vegetables make this the ultimate in healthy comfort food!

Serves 4  
Prep Time 15 mins  
Cook Time 55 mins

## INGREDIENTS

250g Natural Cottage Cheese  
(low fat)

250g Greek Style Yoghurt  
(low fat)

1 Free Range Medium Egg

Pinch of Salt

Pinch of Pepper

1 tbsp Olive Oil

½ Onion  
(peeled and finely chopped)

1 Small Carrot  
(peeled and finely chopped)

½ Green, Red or Yellow  
Bell Pepper  
(de-seeded and finely  
chopped)

2 Garlic Cloves  
(peeled & finely chopped)

500g Quorn Mince

500g Tomato Passata

1 tsp Dried Oregano

½ tsp Garlic Granules

Pinch of Pepper

2 tbsp Tomato Puree

6 Sprays of 1 Calorie Oil

Butternut Squash Lasagne  
Sheets  
(from Sainsburys in UK)

50g Mature Cheddar (grated)

200g Tenderstem Broccoli

Pinch Parsley (to garnish)

## HOW TO COOK IT

WATCH NOW



Preheat the oven to 180°C (356°F).

In a mixing bowl add the cottage cheese, Greek yogurt, egg, salt and pepper. Mix well. This is your white sauce, put to one side until later.

Add the olive oil to a large pan and set to medium heat.

Add the onion, carrot and bell pepper to the pan and cook until the onion starts to brown (approx 4 mins)

Add the garlic and cook for 30 seconds.

Add the quorn mince, tomato passata, dried oregano, garlic granules, another pinch of pepper and the tomato puree. Stir it all together and cook for 4 minutes.

Meanwhile, in a casserole dish spray 1 calorie oil on to the bottom to stop the butternut squash sheets from sticking.

Layer the bottom of the tray with butternut squash sheets, then layer the rest of the dish like so: quorn mixture, butternut squash, white sauce, quorn mixture, butternut squash, white sauce and finish by sprinkling the cheese over the top.

Place in the oven for 45 minutes.

While that's cooking, cook the broccoli (4 minutes)

When the lasagne is done, plate up straight away and garnish with some chopped parsley.

## DIETICIAN'S NOTES

Swapping pasta for vegetable sheets is a great way to boost the fibre and lower the calories of a classic lasagne. This dish is also rich in protein, which switches on satiety more effectively than carbohydrates or fat.



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# QUORN COURGETTE SPAGHETTI BOLOGNESE

(Per Serving) Calories 292 / Carbs 21g / Protein 25g / Fat 12g

Replacing traditional pasta with vegetable spaghetti is a great way to cut the calories but still enjoy your favourite Italian dishes! This hearty vegetarian spaghetti bolognese is high in protein, low in fat and adds to your five a day! It's tasty, light and quick to prepare!

Serves 4  
Prep Time 8 mins  
Cook Time 17 mins

## INGREDIENTS

2 tbsp Olive Oil  
1 Small Onion  
(peeled and finely chopped)  
1 Medium Carrot  
(peeled and cut into small chunks)  
2 Celery Sticks  
(Halved lengthways and finely chopped)  
100g Mushrooms  
(cut into small pieces)  
2 Garlic Cloves  
(peeled and finely chopped)  
500g Quorn Mince  
400g Tinned Chopped Tomatoes  
1 Vegetable Stock Cube  
200ml Boiling Water  
1 tbsp Tomato Puree  
2 tbsp Worcestershire Sauce  
1 tsp Dried Oregano  
Pinch of Salt and Pepper  
400g Courgette Spaghetti  
20g Parmesan Cheese  
Basil  
(roughly chopped or torn)

## HOW TO COOK IT

WATCH NOW



Heat 1 ½ tbsp of olive oil in a large pan over a medium heat.

When hot, add the onion, carrot and celery and cook until the onion just starts to lightly brown.

Then add the mushrooms and garlic and cook for 30 seconds.

Now add the Quorn mince along with the chopped tomatoes, vegetable stock in boiling water, tomato puree, Worcestershire sauce, dried oregano and a pinch of salt and pepper before stirring it all together and cooking for 10 minutes.

With 4 minutes in the cooking time remaining, add the rest of the olive oil to a wok or large pan over a medium heat.

When hot, add the courgette spaghetti and cook for 3 minutes or until it just starts to soften.

When it's ready, dish up the courgette spaghetti into 4 bowls and evenly dish out the Quorn mince over the courgette spaghetti.

Before serving, finish by sprinkling the parmesan cheese and basil over each dish.

## DIETICIAN'S NOTES

A great dinner for post-workout muscle repair. If you've included cardio, you can add some pasta to replenish your energy levels.



# RED SPLIT LENTIL CURRY WITH BOILED EGG

(Per Serving) Calories **334** / Carbs **36g** / Protein **16g** / Fat **14g**

*This aromatic, vegetarian curry is the perfect healthy comfort food. Warming, nourishing and easy to make, lentil curry is low-calorie and high in nutrition. The boiled eggs go really well and make it more filling. Try swapping your usual weekend takeout for this healthier alternative.*

WATCH NOW



Serves 2  
Prep Time 5 mins  
Cook Time 40 mins

## INGREDIENTS

50g Dry Lentils  
200g Tin Chopped Tomatoes  
½ Onion (finely chopped)  
½ tsp Ground Turmeric  
Pinch of Salt  
2 Medium Eggs  
1 tbs Olive Oil  
½ tsp Cumin  
½ tsp Ground Coriander  
2 Cardamom Pods (lightly crushed)  
1 tbs Ginger (finely chopped)  
2 Garlic Cloves (finely chopped)  
1 Green Chilli (halved and sliced)  
100ml Boiling Water  
50g Spinach  
½ Garam Masala  
125g Wholegrain Rice (cooked microwaved rice)  
Coriander (roughly chopped)

## HOW TO COOK IT

Place a non stick saucepan on the hob over a medium heat.

As it is heating up, add the lentils, chopped tomatoes and onion. Add enough boiling water so that the lentils are just covered and stir.

Then add the turmeric and a pinch of salt. Stir and cook for 20 minutes. If it gets a little dry, add a few tablespoons of water.

While that is cooking, boil up some water in a saucepan. When boiling, add 2 eggs and cook for 7-8 minutes.

When cooked, place in ice cold water until you are ready to serve.

In a frying pan, add the olive oil and heat to a medium heat.

When hot, add the cumin, ground coriander and cardamom pods and cook for 2 minutes before adding in the ginger, garlic and green chillies. Cook for 2 more minutes before adding to the lentil mixture, along with 100ml of water and cook for 15 minutes.

Add the spinach and stir until the spinach has wilted. Then add in the garam masala and stir.

Peel the eggs and cut in half.

Heat the rice in the microwave.

Plate up the rice and lentil curry, sprinkle over the coriander and place the eggs on top of the dish.

## DIETICIAN'S NOTES

*Spices have potent anti-inflammatory properties and are great for adding flavour without extra calories. This low-carb curry is rich in fibre. Up the rice portion if you're returning from a heavy workout.*



# BLACK BEAN CHILLI

(Per Serving) Calories **318** / Carbs **36g** / Protein **12g** / Fat **14g**

*Black beans are really versatile and it's always a good idea to have a couple of tins in the cupboard. They are great in soups, salads and especially this chilli, which rivals a traditional chilli in taste and flavour. The sour cream garnish is a great contrast to the spicy chilli (guacamole works really well with it too).*

Serves **2**  
Prep Time **5 mins**  
Cook Time **30 mins**

## INGREDIENTS

**1 tbsp Olive Oil**  
**½ Onion**  
(peeled & finely chopped)  
**1 Garlic Clove**  
(finely chopped)  
**50g Green Bell Pepper**  
(chopped into squares)  
**50g Red Bell Pepper**  
(chopped into squares)  
**1 Medium Carrot**  
(peeled, halved & chopped into small chunks)  
**400g Tinned Tomatoes**  
**½ tsp Cumin**  
**1 tsp Chilli Powder**  
(mild to hot – you choose)  
**400g Tinned Black Beans**  
(drained)  
**Water – if needed**  
**2 tsp Sour Cream**  
**Pinch of Parsley**  
(roughly chopped)

## HOW TO COOK IT

WATCH NOW



Pour the oil to a large saucepan or wok on a medium heat.

Add the onions and cook for 3-4 minutes or until they start to brown.

Then add the garlic and cook for 1 minute.

Then add the peppers, carrot, tinned tomatoes, cumin and chilli powder and mix. Simmer for 20 minutes, stirring occasionally.

Add the black beans, stir and cook for 4 minutes. If it's looking a little dry then add a few tablespoons of water.

Plate up, add the sour cream to each dish, sprinkle with parsley and serve.

## DIETICIAN'S NOTES

*Black beans are a great source of plant based protein, with fibre and folate, a B vitamin we need to make healthy red blood cells. Serve this tasty chilli with rice pre or post workout.*



# VEGETABLES WITH CHILLI, CASHEW NUTS AND EGG FRIED RICE

(Per Serving) Calories 409 / Carbs 40g / Protein 15g / Fat 21g

Swap your typical sauce-laden and high fat Chinese takeaway for this super healthy dish. Crisp, fresh baby corn and sugarsnap peas give it crunch, whilst lime, red chilli and ginger amp up the flavour.

WATCH NOW



Serves 2  
Prep Time 4 mins  
Cook Time 10 mins

## INGREDIENTS

1 tbsp Toasted Sesame Oil  
250g Wholegrain Brown Basmati Rice  
2 Garlic Cloves  
(peeled and finely chopped)  
½ tbsp Ginger  
(peeled and finely chopped)  
2 Spring Onions  
(cut into ½ cm slices)  
6 Baby Corns (cut in half)  
100g Sugarsnap Peas  
2 Medium Eggs  
1 tbsp Soy Sauce  
25g Cashew Nuts  
(roughly chopped)  
Coriander  
(roughly chopped for garnish)  
1 Medium Red Chilli  
(thinly sliced)  
½ Lime

## HOW TO COOK IT

Heat the toasted sesame oil in a large frying pan or wok over a medium heat.

When hot, add rice, garlic and ginger and cook for 2 minutes.

Then add the spring onions, baby corns and sugarsnap peas. Cook for 4 minutes.

While that is cooking, whisk the eggs.

Create a hole in the centre of the rice and add the whisked eggs. Stir until the eggs start to scramble and are nearly cooked, then mix through the rice and vegetables.

Add the soy sauce and most of the cashew nuts to the dish and stir through. (saving some of the cashews for the garnish.)

Divide the rice mixture between 2 dishes.

Sprinkle over some coriander, chilli, cashews and squeeze ¼ of lime over each dish before serving.

## DIETICIAN'S NOTES

Wholegrains, vegetables, nuts and sesame oil make this a heart healthy choice. It would be a great way to replenish energy stores after a workout.



# BLACK BEAN CURRY WITH JERK POTATO

(Per Serving) Calories 316 / Carbs 48g / Protein 13g / Fat 8g

Get transported to the Caribbean with this delicious, zingy, colourful curry. It's all the colours of the rainbow with red peppers, orange sweet potato, green celery and the tasty purple-black beans. Jerk seasoning and chilli deliver the heat in this extremely inviting dish, which tastes every bit as good as it looks.

WATCH NOW 

Serves 2  
Prep Time 5 mins  
Cook Time 30 mins

## INGREDIENTS

1 tbsp Extra Virgin Olive Oil

½ White Onion  
(finely Chopped)

1 Celery Stick  
(Halved lengthways, finely chopped)

½ Carrot  
(Halved lengthways, finely chopped)

200g White Potato  
(peeled and cubed)

100g Sweet Peppers  
(chopped into squares)

½ tbsp Ginger  
(peeled and grated)

½ tsp Dried Thyme

1 tsp Jerk Seasoning

1 Can of Black Beans  
(drained)

200g Canned Chopped Tomatoes

¼ Vegetable Stock Cube

100ml Boiling Water

2 tbsp Reduced Sugar Ketchup

½ tsp Chilli Flakes

50g Cherry Tomatoes  
(quartered)

## HOW TO COOK IT

Heat the olive oil in a large frying pan/wok over a medium heat.

When hot, add the onion, celery and carrot and cook for 5 minutes.

Then add the potatoes, sweet peppers, ginger, thyme and jerk seasoning. Stir and cook for 5 more minutes.

Now add the black beans, canned tomatoes, vegetable stock cube, boiling water, ketchup, chilli flakes and cherry tomatoes. Stir it all together.

Bring to the boil, reduce the heat slightly and cook for 20 minutes, stirring occasionally.

Plate up and serve straight away.

## DIETICIAN'S NOTES

*Eating a wide variety of plant based foods has been linked with a balanced gut microbiome. This is a great plant-based meal - the beans add both protein and fibre to make a filling dish.*



# PEANUT BUTTER STIR FRY

(Per Serving) Calories 404 / Carbs 42g / Protein 14g / Fat 20g

Make your own Thai Satay source without all of the calories with this perfect midweek stir fry that's ready in just fifteen minutes. Peanut butter, chilli, soy sauce and lime create the perfect combination of flavours, and makes an amazing sauce for the crispy, fresh vegetables and noodles.

WATCH NOW 

Serves 2  
Prep Time 5 mins  
Cook Time 11 mins

## INGREDIENTS

30g Smooth Peanut Butter  
2 tsp Soy Sauce (light)  
½ tsp Chilli Flakes  
1 Lime (juice)  
200ml Warm Water  
1 tbsp Olive Oil  
2 Spring Onions (sliced diagonally)  
1 Small Carrot (grated)  
50g Broccoli (halved lengthways)  
50g Mangetout (halved)  
300g Egg Noodles  
1 tsp Sesame Seeds  
¼ Red Chilli (sliced)

## HOW TO COOK IT

Put the peanut butter, soy sauce, chilli flakes and the juice of half a lime in a mixing bowl and mix well.

Then add the warm water to the mixture, mix and put to one side.

In a wok or deep frying pan, heat the olive oil over a medium heat.

Add the spring onions, carrot, broccoli and mangetout and cook for 5 minutes or until the spring onions start to brown. Stir occasionally.

Add the egg noodles to the pan, stir and cook for 3 minutes.

Now add the peanut butter mixture to the pan and heat through for 2-3 minutes and then dish up.

Finish by squeezing ¼ of a lime over both servings, sprinkle with sesame seeds and add the chillies for extra heat.

## DIETICIAN'S NOTES

Peanut butter is a great source of heart healthy fats and vitamin E, which helps strengthen immune function. Tip in some tofu if you want to add some extra protein to this dish.



# THE ULTIMATE BLACK BEAN BURGER

(Per Serving) Calories **479** / Carbs **58g** / Protein **19g** / Fat **19g**

*This truly is the ultimate vegetarian burger! Packed with protein, texture and incredible flavour (helped by the cumin, chilli, garlic and lime), this is the perfect weeknight staple and can be whipped up in forty-five minutes. Make a few because you're going to want to have them more than once a week!*

WATCH NOW 

Serves 2  
Prep Time 5 mins  
Cook Time 40 mins

## INGREDIENTS

40g Quinoa (dry weight)  
30g Cashew Nuts (blended)  
½ Black Bean Can (drained and blended)  
½ Small Onion (finely chopped)  
60g Red Sweet Pepper (finely chopped)  
1 Garlic Clove (finely chopped)  
¼ Lime (juiced)  
Pinch of Salt  
Pinch of Pepper  
½ Medium Egg (beaten)  
¼ tsp Cumin  
¼ tsp Chilli Flakes  
Pinch of Plain Flour  
2 Brioche Buns  
A Handful of Spinach  
½ Avocado (peeled & sliced)

## HOW TO COOK IT

Preheat the oven 175°C (347°F).

Rinse the quinoa under cold water for 2 minutes. Then add the quinoa to a saucepan of hot water and bring to the boil. Lower the heat, put a lid on the pan and cook for 15-20 minutes. Drain and set aside.

Place the cashews in a food processor and pulse until finely chopped.

Remove the cashews from the blender and do the same with the black beans, but only blend until the black beans are coarsely chopped.

In a large mixing bowl, add the quinoa, onion, red sweet pepper, garlic, cashews, black beans, lime juice, salt and pepper, and half a beaten egg. Mix well.

Then add the cumin and chilli flakes and give it one last mix.

Place some parchment paper on a baking tray and lightly flour.

Divide the mixture into 2 balls, form the burgers and place them on the parchment paper.

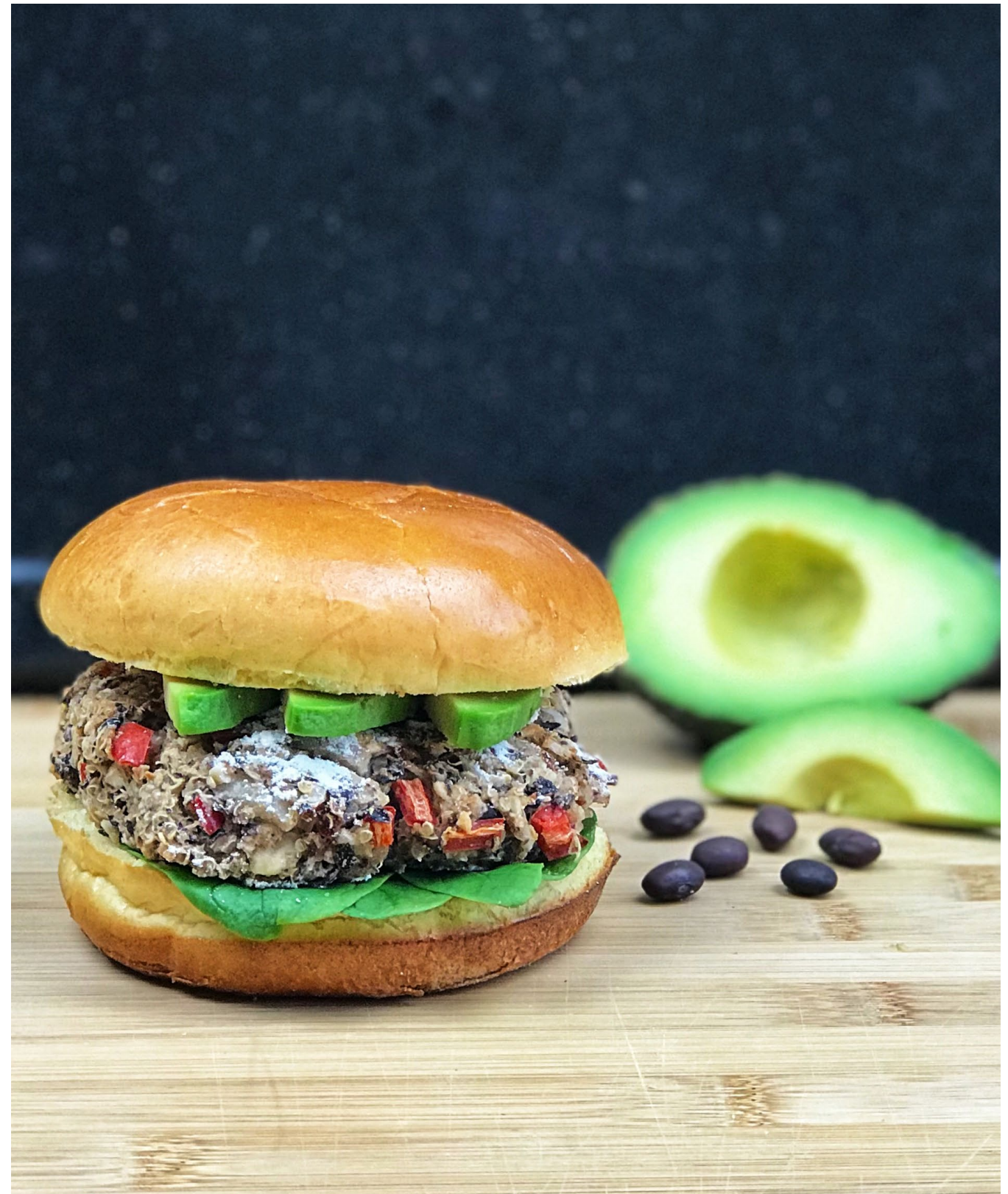
Place in the oven and cook for 20 minutes.

Cut the burger buns in half, layer with spinach, slice the avocado and place on top of the spinach.

When the burgers are cooked, plate up and serve.

## DIETICIAN'S NOTES

*The healthy fats in the avocado and cashews, teamed with fibre from black beans make this burger a heart friendly choice.*



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